

CLAIMS

1. A fitness device, comprising:

at least one armrest with a means to support a user's weight;

at least one handgrip which is located such that a user can grasp the handgrip while also utilizing the armrest;

the armrests, handgrips and means to support the same, are configured into a frame;

a means to support the device.

2. All the claims of claim 1, wherein the frame is made of metallic material.

3. All the claims of claim 1, wherein the frame is made of non-metallic material.

4. All the claims of claim 1, wherein the frame is made of composite material.

5. All the claims of claim 1, wherein the device provides a means to be attachable to a supporting surface or structure.

6. All the claims of claim 1, wherein the device provides a means to be freestanding.

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7. All the claims of claim 1, wherein the device provides a means to be supported by a pull-up or chin-up bar.
8. All the claims of claim 1, wherein the device provides a means to be supported at a door opening.
9. All the claims of claim 1, wherein the device provides a means to be supported from above.
10. All the claims of claim 1, wherein the device provides a means to be supported from below.
11. All the claims of claim 1, wherein the device comprises of a one-piece frame.
12. All the claims of claim 1, wherein the device comprises of a two-piece frame.
13. All the claims of claim 1, wherein the device comprises of a multi-part frame.
14. All the claims of claim 13, wherein the device comprises of a multiple-part frame which incorporates a means to secure the parts together at a desired length.
15. All the claims of claim 13, wherein the device comprises of adjustable length parts, which also incorporates a means to secure the parts at a desired length.
16. All the claims of claim 1, wherein the device incorporates cushioning and padding at, at least one area of contact with the user.

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17. All the claims of claim 1, wherein the device incorporates an optional backrest.

18.A fitness device, comprising:

a one-piece frame comprising

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at least one armrest with a means to support a user's weight;

at least one handgrip which is located such that a user can grasp the handgrip while also utilizing the armrest;

the armrests, handgrips and means to support the same, are configured into a frame;

a means to support the device.

19.A fitness device, comprising:

a two-part frame comprising

at least one armrest with a means to support a user's weight;

at least one handgrip which is located such that a user can grasp the handgrip while also utilizing the armrest;

the armrests, handgrips and means to support the same, are configured into a frame;

a means to support the device.

20. All the claims of claim 19, wherein the device is comprised of more than two-parts.

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also see attached additional information, including supplemental
information for provisional patent application

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